

Supplementary Table 1. Per capita daily dietary intake (g/day) of various food types from the 2007 USDA Loss-Adjusted Food Availability Data

Beef	50.3
Pork	34.3
Chicken	42.9
Turkey	11.3
Fresh and frozen fish	5.0
Canned tuna	2.8
Canned sardines	0.2
Plain whole milk	46.2
Other cheese	17.6
American cheese	13.0
Regular ice cream	12.3
Frozen Yogurt	3.7
Cream cheese	2.2
Yogurt	10.1
Eggs	25.0
Salad and cooking oils	39.5
Margarine	4.4
Apples	12.6
Potatoes	30.6
Peanut butter	6.6
Butter	4.7